

Theme 4 – Place, space and purpose

Imagine if older South Australians became famous for being amongst the most resilient in the world? Imagine if we could create places that assist us to connect across our differences? Our health, learning, and participation in community life are all supported by the places and spaces we gather in and live.

Imagine places where mixed community groups are common and there are singing, music, dancing, games, literature, art, sport and retro-revival or cultural clubs. Places you can take a class, prepare for travel, learn to cook, get fit, and just 'have a go' in traditional public spaces like libraries. And there are new offerings at interesting locations like the green gym at the park where you can plant trees to help combat climate change, get fit and meet friends.

Imagine houses that make it easier to stay at home as we age both to stay healthy and to connect with others. Imagine advances in technology translated to 'smart' homes being the norm and 'care-robots' common. There may even be monitoring technologies, enabling remote support options. What will happen to those who miss out on these advances?

The explosion of technology and health prevention and maintenance is also helping those with diabetes, heart conditions, smoking and obesity related health issues. Assisted technologies are helping maintain independence. You can check-in and see how well you are going with friends and team members even when you are not at your usual place ... like when you are looking after a grandchild or doing a day's work interstate.